



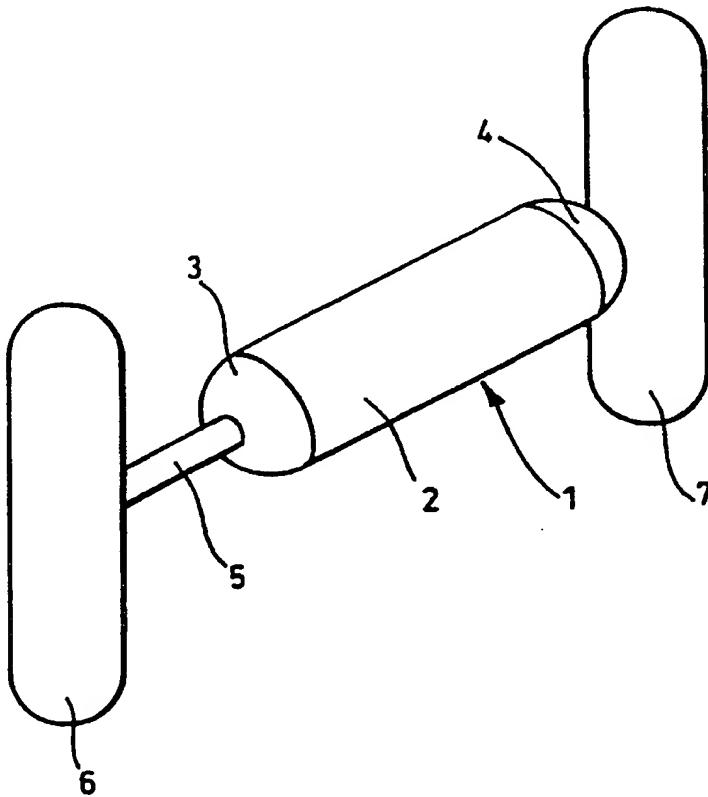
## INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification 7 :  A63B 21/05		A1	(11) International Publication Number:  WO 00/57960
			(43) International Publication Date:  5 October 2000 (05.10.00)
(21) International Application Number:  PCT/GB99/02722		(81) Designated States: AE, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZA, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SL, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GW, ML, MR, NE, SN, TD, TG).	
(22) International Filing Date:  18 August 1999 (18.08.99)			
(30) Priority Data:  9907079.9 27 March 1999 (27.03.99) GB			
(71) Applicant (for all designated States except US): POCKET GYM LIMITED [GB/GB]; Corbin Way, Gore Cross Business Park, Bradpole, Bridport, Dorset DT6 3UX (GB).			
(72) Inventors; and			
(75) Inventors/Applicants (for US only): PAULL, Colin, Arthur [GB/GB]; 3 Ridwood, Chidock, Bridport, Dorset DT6 6JP (GB). TATTERSHALL, David, Gordon [GB/GB]; Pimlico, Fleet Street, Beaminster, Dorset DT8 3EH (GB).			
(74) Agent: LLOYD WISE, TREGEAR & CO.; Commonwealth House, 1-19 New Oxford Street, London WC1A 1LW (GB).			

(54) Title: EXERCISER

## (57) Abstract

An exerciser comprising an elongate body (1) and a resistive mechanism contained within the elongate body (1), the resistive mechanism containing a spring or a pneumatic or hydraulic cylinder and arranged to oppose the insertion of one or more handles (6, 7) into the elongate body (1). The handles (6, 7) are aligned along the axis of the elongate body (1) and at opposing ends. The exerciser is operated by the user forcing the handles (6, 7) towards each other.



**FOR THE PURPOSES OF INFORMATION ONLY**

Codes used to identify States party to the PCT on the front pages of pamphlets publishing international applications under the PCT.

AL	Albania	ES	Spain	LS	Lesotho	SI	Slovenia
AM	Armenia	FI	Finland	LT	Lithuania	SK	Slovakia
AT	Austria	FR	France	LU	Luxembourg	SN	Senegal
AU	Australia	GA	Gabon	LV	Latvia	SZ	Swaziland
AZ	Azerbaijan	GB	United Kingdom	MC	Monaco	TD	Chad
BA	Bosnia and Herzegovina	GE	Georgia	MD	Republic of Moldova	TG	Togo
BB	Barbados	GH	Ghana	MG	Madagascar	TJ	Tajikistan
BE	Belgium	GN	Guinea	MK	The former Yugoslav Republic of Macedonia	TM	Turkmenistan
BF	Burkina Faso	GR	Greece	ML	Mali	TR	Turkey
BG	Bulgaria	HU	Hungary	MN	Mongolia	TT	Trinidad and Tobago
BJ	Benin	IE	Ireland	MR	Mauritania	UA	Ukraine
BR	Brazil	IL	Israel	MW	Malawi	UG	Uganda
BY	Belarus	IS	Iceland	MX	Mexico	US	United States of America
CA	Canada	IT	Italy	NE	Niger	UZ	Uzbekistan
CF	Central African Republic	JP	Japan	NL	Netherlands	VN	Viet Nam
CG	Congo	KE	Kenya	NO	Norway	YU	Yugoslavia
CH	Switzerland	KG	Kyrgyzstan	NZ	New Zealand	ZW	Zimbabwe
CI	Côte d'Ivoire	KP	Democratic People's Republic of Korea	PL	Poland		
CM	Cameroon	KR	Republic of Korea	PT	Portugal		
CN	China	KZ	Republic of Korea	RO	Romania		
CU	Cuba	LC	Kazakhstan	RU	Russian Federation		
CZ	Czech Republic	LI	Saint Lucia	SD	Sudan		
DE	Germany	LK	Liechtenstein	SE	Sweden		
DK	Denmark	LR	Sri Lanka	SG	Singapore		
EE	Estonia		Liberia				